

The following are arranged in pairs (a and b), each member of the pair represents a preferences you may or may not hold. Give each of member of the pair a score of 0 – 5 (0 meaning you really feel negatively about it and 5 you strongly prefer it). The scores for a and b MUST ADD UP TO 5 (5 and 0, 2 and 3, etc.) No fractions!

I prefer:

- 1a. _____ making decisions after finding out what others think.
- 1b. _____ making decision without consulting others.
- 2a. _____ reading quietly, thoughtful time alone.
- 2b. _____ reading and discussing in an active energetic group.
- 3a. _____ performing a small role in a play or no speaking role at all.
- 3b. _____ performing in a lead or supporting role in a play.
- 4a. _____ inner thoughts and feelings others cannot see.
- 4b. _____ activities and occurrences in which others join.
- 5a. _____ communicating little of my inner thinking and feelings.
- 5b. _____ communicating freely my inner thinking and feelings.
- 6a. _____ meeting new people and traveling to new places.
- 6b. _____ being alone or with one person I know well; being close to home.
- 7a. _____ discussing a new, unconsidered issue at length in a group.
- 7b. _____ puzzling out issues in my mind, then sharing the results with another person.
- 8a. _____ being the center of attention.
- 8b. _____ being reserved.

Transfer your scores for each item of each pair to the appropriate blank. Then total the scores for each dimension/column.

“E” Item

“I” Item

- | | |
|-----------|-----------|
| 2a. _____ | 2b. _____ |
| 3a. _____ | 3b. _____ |
| 4a. _____ | 4b. _____ |
| 5a. _____ | 5b. _____ |
| 6b. _____ | 6a. _____ |
| 7b. _____ | 7a. _____ |
| 8b. _____ | 8a. _____ |

Total “I” _____

Total “E” _____

If your score is:

the likely interpretation is:

20-21

balance in the strengths of extroversion and introversion

22-24 some strength in the dimension: some weakness in the other member of the pair

25-29 definite strength in the dimension; definite weakness in the other member of the pair

I = Introvert E= Extrovert

Persons more introverted than extroverted tend to make decisions somewhat independently of

constraints and prodding from the situation, culture, people, or things around them. They are quiet, diligent at working alone, and socially reserved. They may dislike being interrupted while working and may tend to forget names and faces.

Extroverted persons are attuned to the culture, people, and things around them, endeavoring to make decisions congruent with demands and expectations. The extrovert is outgoing, socially free, interested in variety and in working with people. The extrovert may become impatient with long, slow tasks and does not mind being interrupted by people.